

JCTR BASIC NEEDS BASKET

Mpika

September 2019

(A) COST OF BASIC FOOD ITEMS FOR A FAMILY OF FIVE

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Mealie Meal (Roller)	95.00 25 kg bag	2 x 25Kg	190.00
Rice	77.67 5kg	4kg	62.14
Cassava Flour	5.46 1kg	6kg	32.75
(Sweet) Potatoes	6.42 1 Kg	4 Kg	25.68
Beans	127.09 1kg	3kg	381.28
Pounded Groundnut	18.10 1kg	1kg	18.10
Soya Pieces	28.80 1 kg	2kg	57.59
Beef	39.00 1kg	2kg	78.00
Chicken	42.16 2kg	5kg	105.40
Kapenta	96.55 1kg	1kg	96.55
Eggs	11.25 1 unit (10 eggs)	3 Trays (90 eggs)	101.25
Milk (Fresh)	8.00 500 ml	10 liters	160.00
Vegetables	155.52 40 Kg	40kg	155.52
Onion	7.75 1 Kg	4 Kg	30.99
Tomatoes	6.33 1 kg	6 kg	37.96
Banana	8.60 1 Kg	16 Kg	137.59
Other Fruits	17.59 1 kg	14 Kg	246.25
Cooking oil (2.5lts)	53.75 2.5lt	3.6lt	77.40
Salt	6.38 1 Kg	1 Kg	6.38
Subtotal			ZMW 2,000.81

(B) COST OF ESSENTIAL NON-FOOD ITEMS

Commodity	Price (ZMW) / Unit	Quantity / Month	Total (ZMW)
Charcoal	81.00 90kg bag(s)	2 90kg bag(s)	162.00
Soap (Lifebuoy/Champion)	10.00 Tablet(s)	3 Tablet(s)	30.00
Wash soap (BOOM)	10.00 400g	4 400g	40.00
Jelly (Vaseline)	21.25 500ml	1 500ml	21.25
Electricity (medium density)	250.00 Month(s)	1 Month(s)	250.00
Water & Sanitation (med - fixed)	174.00 Month(s)	1 Month(s)	174.00
Housing (3 bedroom)	1,100.00 Month(s)	1 Month(s)	1,100.00
Sanitary towels	30.50 Pack of 10	2 Pack of 10	61.00
Toilet Paper (2ply)	12.00 Tissue(s)	6 Tissue(s)	72.00
Lotion (Dawn)	15.50 250ml	1 250ml	15.50
Subtotal			ZMW 1,925.75

Total for Basic Needs Basket

ZMW 3,926.56

(C) SOME OTHER ADDITIONAL COSTS

<i>Education</i>		<i>Transport (bus fare round trip)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Grades 1-7 (User + PTA/year)	50.00	Tazara-Town	80.00
Grades 8-9 (User + PTA/year)	600.00	Chilonga-Town	180.00
Grades 10-12 (User + PTA/year)	600.00		
School Uniform (Grades 1-7)	280.00		
School Uniform (Grades 8-9)	385.00		
School Uniform (Grades 8-12)	400.00		
<i>Health</i>		<i>Fuel (cost at the pump)</i>	
Item	Amount (ZMW)	Item	Amount (ZMW)
Self-referral (Emergency Fee)	150.00	Petrol (per litre)	15.98
Malaria test	50.00	Diesel (per litre)	14.23
Consultation Fee	100.00	Paraffin (per litre)	13.04
CD4 Count	150.00		

(D) A COMPARISON OF COSTS (IN KWACHA) OF BASIC NEEDS ACROSS ZAMBIA

Lusaka	Kasama	Mansa	Mongu	Ndola	Solwezi	Monze	Chipata	Mpika	Luanshya	Kitwe	Kabwe	Livingstone	Choma	Chinsali	Mazabuka
6,327	4,044	3,929	3,959	6,208	5,570	4,721	5,302	3,927	4,970	4,457	5,871	5,317	4,418	4,621.23	4,565

Compositions of vegetables and fruits

Computation of vegetables consists of: Pumpkin leaves (9.8kg), Bondwe (2.8kg), Cabbage (18.5kg) and Rape (8.9kg).

Computation of fruits is from these varieties: Bananas, Mangos, Apples and Oranges.

This survey was conducted on 27th September, 2019 by the Social and Economic Development Programme of the Jesuit Centre for Theological Reflection. Average prices were calculated on the basis of surveys conducted at Maiteneke Market, Kaole Market, Chilyapa Market, Down Market, Main Market and Shoprite. Additional information was obtained from ZESCO, Luapula Water and Sewerage Company and schools, clinics, hospital and houses around Mansa. The September Basic Needs Basket is approximately US\$246 based upon the exchange rate of K13 per US\$ prevailing on the days of data collection. Please note that other monthly costs would include personal care, clothing, recreation, etc.

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Advocacy on Living Conditions

2019-09-30

Mpika September 2019 Basic Needs and Nutrition Basket report

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